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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION
JUN 3 1931
U. S. Department of Agriculture

File 2
1.9
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HOUSEKEEPERS' CHAT

Tuesday, June 16, 1931.

NOT FOR PUBLICATION

Subject: "What Goes in the Refrigerator." Information from the Bureau of Home Economics, U. S. D. A.

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Yesterday, as you remember, I didn't have time to give you the directions for making strawberry ice box cake. Time just skipped along yesterday. It always seems to do that, whether I'm talking about feeding five-year-olds or fifty-year-olds. And first thing I know my few minutes are up and all the rest I want to say has to be left until the following day.

Well, today we'll have that recipe right straight away. And after that we'll talk about the ice-box that we put the cake into. I don't know any time better than a warm June day to discuss cold desserts and refrigerators, do you?

Ice-box cake is one of the nicest summer desserts. A cool, delicious-looking dish. Delicious-tasting, too, because it is a combination of chilled filling and layers of sponge cake. This, I might also say, is a very modern dessert. Some of our desserts are handed down from old times. But not ice-box cake. It is a recent innovation, something our grandmothers never thought of making in the old days before housewives had been blessed with refrigerators.

Strawberry ice-box cake is a strawberry gelatin mixture spread between layers of sponge cake. Chilling in the refrigerator sets the gelatin, and the whole thing is served very cold.

Ingredients? There are nine of them.

1 tablespoon of gelatin	1 quart of strawberries, crushed
1/4 cup of cold water	1 tablespoon of lemon juice
1/2 cup of boiling water	1 cup of cream, whipped
1 and 1/4 cups of sugar	1/4 teaspoon of salt

2 layers of sponge cake

Did you get them all? Please check as I repeat the list. (Repeat)

Make the gelatin filling like any gelatin mixture. Soak the gelatin in the cold water for 5 minutes. Add the boiling water and the sugar. Stir until the gelatin and sugar are dissolved. Now mash the berries, add the lemon juice, and combine with the gelatin mixture. Chill. When partially set, fold in the whipped cream to which the salt has been added. Chill again.

Then spread between the layers of sponge cake and keep in the refrigerator several hours, or overnight, before serving. If the cake and filling is combined and set to chill in the pan in which the cake was baked, it will come out in a neat and very attractive-looking mold with smooth, even sides.

Bake the sponge cake in either a tube pan or a square tin. Then split crosswise in thin layers. I just 'phoned the Recipe Lady to be sure I was right about this. She tells me that if the cake is prepared in a tube pan, it can be made especially attractive when served. Feature that hole in the center. Pile it full of berries or whipped cream or both.

Chocolate ice box cake is another delicacy of the same variety. This is a thick chocolate custard mixture between three layers of cake. Chilled in the refrigerator and served with whipped cream or powdered sugar on top it is an excellent dessert for any time of year. Someday soon I'll give you complete directions for making it. But now perhaps we'd better discuss making the most of our refrigerators.

Treat your refrigerator well and it will repay you in better food and therefore better health for the family. Food will be kept fresher, more wholesome and better in flavor. Spoilage will be retarded. Proper care of food, you see, aids both the budget and the health in hot weather.

Let's consider first what and how much to put in the refrigerator. Then, how to put it in. Arrangement is an important item if the ice box is to give the best service.

Plan your marketing so that perishable food will not have to stand in the refrigerator more than a few days at a time. Milk and green vegetables like lettuce will be freshest and richest in food value if they are used within a day or two at the most.

Milk, as you know, is a most important food in our diet and one that spoils easily. It is so important that public health associations have set up certain standards for its composition and bacterial content.

Once it was delivered in open containers. Now it comes in capped bottles. For safety, it should be handled in closed containers, from the time it is drawn from the cow and strained, until it reaches our homes. And once in our homes it should be given the same amount of care. Under no circumstances should it be placed in a refrigerator in an open pitcher, bottle or bowl. Wash the outside of the bottle thoroughly and wipe it dry before putting in the icebox. Then keep it tightly covered and don't open it until immediately before using. The reason? Because it absorbs odors and flavors very easily. And it is a food in which bacteria breed very readily. If you use only a part of a bottle of milk, put the cap right back on and return the bottle at once to the refrigerator. Don't let it stand a minute longer than necessary out in the warm air of the kitchen. And always store it in the very coldest part of the refrigerator. I'll say more about where to place food in the refrigerator in a minute.

What about using milk which is <u>old</u> but not really <u>sour</u>?

A bad idea. Milk may be stale and unfit for food even though it is not sour. Other changes may be taking place that make it unwholesome, especially for children.

So let me say again, purchase your milk and other perishable foods frequently and do not stock up ahead on them any more than is necessary.

Speaking of stocking up ahead brings us to this question of overcrowding our refrigerator shelves. That is something else to be avoided. Too much food crowded into the refrigerator hinders the circulation of air in the ice box. This circulation, as you know, is necessary to keep the refrigerator at the right temperature and in good condition for keeping the food fresh. And, of course, there's no use in putting any food in the refrigerator that will keep just as well outside. No use wasting good space in the cold atmosphere needed for the perishable foods. Avoid filling up space with paper bags or extra containers. Never put paper on the refrigerator shelves.

Keep an eye on the left-over food. Use it up as soon as possible and don't let it sit until it spoils. That is a waste and it may affect the other fresh food in the refrigerator.

Now this matter of arranging food on the shelves. Different foods belong in different parts of the ice box. This is because some parts are colder than others, and, naturally, the foods that spoil most easily belong in the coldest part.

If you have a refrigerator with the ice compartment in the side, the coldest section of the food compartment is directly underneath . The warmest part is the top shelf. But if your refrigerator has its ice compartment at the top, the coldest part, naturally, is just beneath the cold air flue.

The foods that belong in the coldest section are milk, butter, broth or meat stock, and milk dishes. In the next coldest part - the space adjacent - keep the uncooked meat, the poultry, the fish -- tightly covered, and the salad materials - also tightly covered. On the next shelf, keep such foods as cooked meats, berries and cut fruits. On still the next shelf, store the cooked vegetables, eggs, oil or other fats and left-overs. Fruits and vegetables belong in the part that is least cold. Cabbage, cauliflower, cantaloupes, oranges, apples, and other foods having decided odors should be kept in the warmest part where the circulation of air will carry the odors away from the other foods.

By the way, if you keep a piece of waxed paper over the cut surface of a melon or cantaloupe, you will prevent it from giving an odor to other foods. Bananas, as I've mentioned before, are not kept in the refrigerator because this makes them dark. If you want to serve them cold, however, you can chill them a short time beforehand.

There's much more to say, but as usual, time is running away with me. Well, some other day I'll tell you why most foods should be kept covered in the ice-box and why it will not do to put in food that is still hot and --

But I really must stop, mustn't I? Tomorrow we'll talk about some modern ideas in child feeding. And, of course, we'll have a menu for the children.

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